

FOR IMMEDIATE RELEASE:  
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## WAIT FOR ME TO CATCH UP

Do we really need to dominate our horse or can we find a balance between effective communication, relationship & trust?

From the horse's perspective:

- Wait for me to catch up with what you are asking me. I have a large body & four legs to coordinate so sometimes getting out of the way or moving over takes a moment for me to carefully coordinate so I don't hurt you.
- Wait for me to understand what you are asking before forcing me. I'm not a piece of sports equipment, but an animal like you with feelings and often I'm scared, but want to trust you. Show me that I can trust you as my herd leader.
- Please don't hit me when I get the wrong answer. I'm trying to be good. Try asking me again in another way and maybe I'll understand better. I want to be good and have fun with you too.
- Let me know when I get the right answer. I need to know that I'm good enough for you. I love you.

For high res pictures email [Info@MissyWryn.com](mailto:Info@MissyWryn.com) or call (888) 406-7689.

Internationally recognized horse whisperer Missy Wryn provides her Training the Whole Horse® video series FREE online at her website [MissyWryn.com](http://www.MissyWryn.com) [Watch FREE Horse Training Videos](#) and her YouTube Channel [WholisticHorseWoman](http://www.youtube.com/wholistichorsewoman) (<http://www.youtube.com/wholistichorsewoman>). Missy is the creator of the [All-In-One](#) bitless bridle, founder of IRON FREE RIDING, Sisters of the Saddle, the B Horse Club and the Equine Support Center for Fibromyalgia. For more information visit Missy's website at [www.MissyWryn.com](http://www.MissyWryn.com) or call toll free (888) 406-7689.

